
Table of Contents

| | |
|---|-----|
| Foreword..... | ix |
| Introduction..... | xi |
| Chapter 1 What's the Big Deal About Play? | 1 |
| Chapter 2 How Play Therapy Works | 5 |
| Chapter 3 Play Therapy Interventions for Attention Deficit Hyperactivity Disorder | 9 |
| Chapter 4 Play Therapy Interventions for Anxiety Disorders | 23 |
| Chapter 5 Play Therapy Interventions for Autism Spectrum Disorder | 35 |
| Chapter 6 Play Therapy Interventions for Disruptive Behavior Disorders | 53 |
| Chapter 7 Play Therapy Interventions for Depression | 65 |
| Chapter 8 Play Therapy Interventions for Obsessive-Compulsive Disorder | 85 |
| Chapter 9 Play Therapy Interventions for Self-Esteem..... | 97 |
| Chapter 10 Play Therapy Interventions for Improving Social Skills | 121 |
| Chapter 11 Play Therapy Interventions for Trauma/PTSD..... | 153 |
| References | 167 |